

Body Image

How Do You See Yourself?



Our society places a lot of value on being thin. An unrealistic body image can keep you from achieving a healthy weight and feeling good about yourself.

Here are some tips for having a more positive acceptance of your body:

- Losing weight is more about starting to **FEEL GOOD** and having **GOOD HEALTH** than it is about having the perfect body.
- Get rid of the thought that you can only be happy if you achieve the perfect body! It's not true!
- Recognize that what your body looks like is NOT who you are.
- Be **REALISTIC** about your appearance. No matter how hard one may try, most people will never look like a model!
- Focus on what wonderful things your body does for you. It allows you to move, do fun things, relax, sleep, and experience lots of great sensations.
- Pay attention to the aspects of your appearance you like, such as nice looking hair, attractive eyes, great smile, and so on.
- The most important people in your life respond to you, not your looks.

